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› WELLFIT WFTM032 Treadmill with Auto Incline User Manual

WELLFIT WFTM032

WELLFIT WFTM032 Treadmill with Auto Incline User Manual

Model: **WFTM032** | Brand: **WELLFIT**

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your WELLFIT WFTM032 Treadmill. Please read all instructions carefully before operation and retain this manual for future reference.



Image 1.1: The WELLFIT WFTM032 Treadmill in a home setting.

Key Features:

- **Adjustable Height Handrail:** Features 5 adjustable heights from 30.5" to 41" for varied user comfort and safety.
- **10% Auto Incline:** Automatically adjusts incline from 0% to 10% to simulate uphill walking and enhance workout intensity.
- **4-in-1 Foldable Design:** Supports walking, working, running, and climbing modes, with a speed range of 0.6–8.6 MPH.
- **3.5HP Powerful & Quiet Motor:** Operates quietly under 45 dB, supporting users up to 350 lbs.
- **Advanced Shock Absorption:** Equipped with a 7-layer anti-slip belt and 8 silicone shock absorbers for joint protection.
- **Smart Connectivity:** Features an LED display and compatibility with popular fitness apps for tracking and personalized workouts.
- **Space-Saving:** Foldable design allows for easy storage, reducing its height to just 5.7" when folded.

2. SAFETY INFORMATION

Before using the treadmill, consult with a healthcare professional. Always follow basic safety precautions to reduce the risk of injury, electric shock, or damage to the equipment.

- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear and clothing.
- Always attach the safety key to your clothing before starting the treadmill. In case of emergency, the safety key will stop the machine.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Maintain proper posture while walking or running; avoid hunching over the handrails.

3. PACKAGE CONTENTS

Verify that all components are present upon unpacking your WELLFIT WFTM032 Treadmill package:

- Treadmill Body
- Remote Control
- Power Cord
- Tool Kit (Allen key, wrench, screws)
- Lubricant
- User Manual
- Phone/Tablet Holder
- Handrails (2)
- Safety Key

4. SETUP

The WELLFIT WFTM032 Treadmill is designed for quick and easy setup. Most components are pre-assembled.

4.1 Unpacking and Initial Placement

1. Carefully remove the treadmill from its packaging. The unit weighs approximately 80.5 lbs, so two people may be needed.
2. Place the treadmill on a level surface. Ensure there is ample space around the unit for safe operation and folding.

4.2 Handlebar Installation

1. Identify the left and right handlebars (they are labeled).
2. Align each handlebar with its corresponding upright post and secure it using the provided screws and Allen key from the tool kit.
3. Ensure the handlebars are firmly attached and do not wobble.

4.3 Phone/Tablet Holder Installation

1. Locate the designated slot on the console for the phone/tablet holder.
2. Slide the holder into place until it clicks securely. The holder features a silicone backing to protect your device.

4.4 Adjustable Height Handrail

The handrails offer 5 adjustable height levels from 30.5" to 41".

1. To adjust, loosen the locking knob on each upright post.
2. Raise or lower the handrails to your desired height, aligning with the numbered markings.
3. Tighten the locking knobs firmly to secure the handrails in position.

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Video 4.1: Official product video demonstrating the setup and key features of the WELLFIT Treadmill.

5. OPERATING INSTRUCTIONS

Your WELLFIT WFTM032 Treadmill offers various modes and control options for a personalized workout experience.

5.1 Power On/Off and Safety Key

1. Plug the power cord into a grounded outlet.
2. Attach the safety key to the designated area on the console and clip the other end to your clothing. The treadmill will not operate without the safety key in place.
3. Press the 'Start/Pause' button on the console or remote to begin your workout.
4. To stop, press the 'Stop' button or pull the safety key.

5.2 Speed and Incline Adjustment

The treadmill features a speed range of 0.6–8.6 MPH and an automatic incline from 0% to 10%.

- **Speed:** Use the '+' and '-' buttons on the console or remote to adjust speed.
- **Incline:** Use the up and down arrow buttons on the console or remote to adjust the incline level.

LED Display with 4 Easy Control Options

APP/Voice/Console Buttons/Remote Control



Speed



Time



Distance



Calories



Image 5.1: The LED display and control panel, showing buttons for speed, time, distance, and calories.

5.3 Using the WELLFIT Fitness App

Enhance your workout experience by connecting to the WELLFIT Fitness app.

1. Download the 'WELLFIT FITNESS' app from your mobile app store.
2. Enable Bluetooth on your mobile device.
3. Open the app and follow the instructions to register and connect to your treadmill (device name: WELLFIT TM Linker).
4. The app allows you to track real-time stats (time, distance, speed, calories), access various fitness courses, and participate in challenges.

Make Exercise Fun with **Fitness Apps**

Say Goodbye to Boring Runs



Image 5.2: User engaging with fitness apps on a tablet while using the treadmill.

5.4 4-in-1 Operating Modes

The treadmill adapts to various exercise needs:

- **Walking Mode:** Ideal for light exercise or warm-ups (0.6-3.8 MPH).
- **Running Mode:** For more intense cardio workouts (3.8-8.6 MPH).
- **Climbing Mode:** Utilize the auto-incline feature for challenging uphill simulations.
- **Working Mode:** Use the treadmill at lower speeds while working at a standing desk.

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6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill.

6.1 Lubrication

The running belt requires periodic lubrication to reduce friction and wear. The treadmill features a convenient lubrication port.

1. Turn off and unplug the treadmill.
2. Locate the lubrication port on the side of the treadmill deck.
3. Apply a small amount of the provided lubricant into the port.
4. Run the treadmill at a low speed (e.g., 0.6 MPH) for a few minutes to distribute the lubricant evenly.
5. Lubricate every 2-3 months or after 50 hours of use, whichever comes first.

6.2 Cleaning

Clean the treadmill regularly to prevent dust and debris buildup.

- Wipe down the console and exterior surfaces with a soft, damp cloth.
- Periodically vacuum underneath the running belt to remove any accumulated dust or lint.

6.3 Running Belt Adjustment

If the running belt drifts to one side or feels loose, it may need adjustment.

- **Centering the Belt:** If the belt drifts to the right, turn the right adjusting bolt 1/4 turn clockwise. If it drifts to the left, turn the left adjusting bolt 1/4 turn clockwise. Run the treadmill at 2-3 MPH to check alignment. Repeat if necessary.
- **Tightening the Belt:** If the belt slips during use, turn both adjusting bolts 1/4 turn clockwise. The belt should be tight enough that you can lift it 2-3 inches from the deck in the middle.

7. TROUBLESHOOTING

If you encounter any issues with your WELLFIT WFTM032 Treadmill, refer to the following common solutions:

| Problem | Possible Cause | Solution |
|---------------------------------|--|---|
| Treadmill does not start | Power cord not plugged in, Safety key not in place, Power switch off | Check power connection, Ensure safety key is attached, Turn on power switch |
| Running belt slips | Belt too loose, Insufficient lubrication | Tighten running belt (Section 6.3), Apply lubricant (Section 6.1) |
| Running belt drifts to one side | Belt misalignment | Adjust running belt (Section 6.3) |
| Unusual noise during operation | Loose components, Lack of lubrication | Check all screws and bolts, Apply lubricant (Section 6.1) |

| Problem | Possible Cause | Solution |
|---------------------|----------------------------------|---|
| Incline not working | Motor issue, Control panel issue | Ensure all connections are secure. If problem persists, contact customer support. |

If the issue persists after attempting these solutions, please contact WELLFIT Customer Service.

8. SPECIFICATIONS

Detailed technical specifications for the WELLFIT WFTM032 Treadmill:

| Feature | Detail |
|-------------------------------|---|
| Brand | WELLFIT |
| Model Name | WFTM032 |
| Product Dimensions | 52.8"D x 21.1"W x 53.2"H |
| Folded Size | 5.7" x 21.1" x 53.2" |
| Item Weight | 80.5 Pounds |
| Material | Alloy Steel |
| Maximum Speed | 8.6 Miles per Hour |
| Minimum Speed | 0.6 Miles per Hour |
| Maximum Incline Percentage | 10% (Auto Incline) |
| Maximum Horsepower | 3.5 HP |
| Maximum Weight Recommendation | 350 Pounds |
| Running Area | 44" x 17" |
| Display Type | LED |
| Metrics Measured | Calories Burned, Distance, Incline, Speed, Time |
| Power Source | Corded Electric |
| Assembly Required | No (minimal setup) |

9. WARRANTY AND SUPPORT

WELLFIT is committed to providing high-quality products and customer service.

9.1 Warranty Information

Your WELLFIT WFTM032 Treadmill comes with a **1-Year Manufacturer Warranty**. Please refer to the warranty card included in your package for details on how to register and activate your warranty within 14 days of receipt. Late registration may invalidate the warranty.

9.2 Customer Support

If you have any questions, require assistance with setup, operation, or maintenance, or experience any issues with your product, please contact WELLFIT Customer Service directly for the fastest resolution:

- **Phone:** +1(713) 589-0078 or +1(281)777-8190
- **WhatsApp:** +1(713) 589-0078
- **Email:** treadmillaftersales@outlook.com
- **Forum:** fit365.community